

Full Report (All Nutrients) 45107328, ZATARAIN'S, SEASONED SHRIMP FRI SEAFOOD BREADING MIX, UPC: 071429026445

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	2.66 Tbsp 22g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	80	364
Protein	g	--	--	2.00	9.09
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	17.00	77.27
Minerals					
Iron, Fe	mg	--	--	1.80	8.18
Sodium, Na	mg	--	--	830	3773
Vitamins					
Vitamin A, IU	IU	--	--	100	455

Lipids

Amino Acids

Other

Ingredients
ENRICHED CORN FLOUR (CORN FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (WHEAT & MALT BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES (INCLUDING RED PEPPER), CITRIC ACID, GARLIC, LEAVENING AGENTS (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), ONION, DISODIUM INOSINATE AND GUANYLATE (FLAVOR ENHANCERS), LEMON JUICE CONCENTRATE, SUGAR, NATURAL FLAVOR, AND EXTRACTIVES OF PAPRIKA. *Date Last Updated by Company:* 05/16/2016